



FOOD SCOOP

“A Michigan Food & Nutrition Program Edition”

January 2000

Issue No. 5

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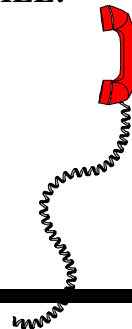
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NEED ASSISTANCE CALL:

School Meals Program	(517) 373-3347
Food Distribution	(517) 373-8642
Fiscal Reporting	(517) 373-2077
Child Care Food Program	(517) 373-7391
Fax Number	(517) 373-4022





Commodity Chat

Kathy Rhodes will be on a 12 week leave of absence beginning January 24, 2000 through April 14, 2000. During that time any calls related to food distribution, commodities or warehouses should be made to Renee Cratty at (517) 373-8642. Renee will make sure your call is forwarded to the correct person.



Food For Thought

Healthy Living for Y2K

There's just something about the holidays...maybe its seeing family and friends or maybe having a few days off or maybe it's the holiday food!!!!

Sit down or buffet style, in most homes, food is an important part of any holiday tradition – when butter cookies are made with real butter, gravy is made from real meat drippings, and pies is topped with real whipped cream. So what does this mean for the new millennium? For many Americans, January 2, 2000 means their clothes are going to be a little snug. Every fat diet business knows this, so beware of commercials that promise too much. Be skeptical of the stories that so-n-so lost 20 pounds taking this pill or that powder. Before you go “on a diet”, read on...

There is no magic bullet yet, but there is a lot of common sense that could be practiced. Your body was designed to only need a certain amount of food. We have gotten away from actually feeling hunger and fullness. The extra

weight comes not from the real butter cookies but from overeating in general.

Time to get tuned in...listen for the slight grumble in your stomach before you decide “its time” to eat. EAT SLOW – it's the only way your brain has a chance to tell your stomach it has had enough to eat. Don't let food have too much control; just like with kids, you do not have to clean your plate, take smaller portions to begin with. Brave the elements – even a 10 to 20 minute walk, especially outside, burns those extra calories but more importantly can keep you feeling good and healthy (not Good & Plenty)! This year resolve not to diet ever again! Make 2000 the year to treat your body and mind with respect. Take foods off the forbidden list; use food mostly for fuel and a little for enjoyment. Live healthy, be healthy and stay healthy. And if your body is meant to be a smaller size – it will be!

Celiac Sprue Update

In the November issue of Food Scoop we published a brief article about Celiac Sprue disease which is related to food allergy. We have attached a brochure to this issue and we were also informed of a website where you can find additional information. The website is for CSA/USA Inc. and their web address is csaceliacs.org.

After School Snack Program

Thanks to all of you for your patience during the implementation of the After School Snack Program in your districts. Effective with the October 1999 Claim, snacks were added to the MEIS screen to allow you to report your snacks with your regular Claim for Reimbursement. If you have any problems or concerns with snack program approval or reimbursement for School Years 1998 - 1999 or 1999-2000, please contact

Peg Pawelek Brown at (517) 373-0420.

As a reminder, the After School Snack Program can be added at any time. Please contact our school meals staff for the necessary forms..

We Invite you to Attend....

While planning this year's seminar, the



MSFSA Industry Committee took a critical look at whom the people are who take part in this program. We wanted to open the doors a little wider, and make sure that every MSFSA member realizes this is a conference designed especially for her or him. Special attention was given to the location - to make the conference easily accessible from major highways during our always unpredictable Michigan winter. Accommodations were carefully examined to find a place that offers top quality rooms, meals, and facilities at the most reasonable prices. We even changed the language we use from "Industry Seminar" to "Leadership Seminar" to help our fellow MSFSA members realize this conference is a conference for everyone. It's only one day long - short and sweet - but it's packed with valuable information and dynamic speakers.

In considering why people choose to attend or not, we came to the realization that some schools and organizations cannot afford to send the employees that would so benefit from attending a seminar such as this. The solution? The Industry committee decided to waive the

"gifts" that are solicited from Industry members and ask for something a little more valuable to you or to a fellow MSFSA member you know - scholarship money to cover the cost of registration. We are putting our money right back into our people in hopes that our investment will allow a few more people to come away from the conference with valuable new insights and energy.

The Industry Committee has been working hard to ensure that this Leadership Seminar is a Leadership Seminar for everyone. So please mark the date and drive in to Lansing to sit beside one of your MSFSA colleagues as we start our journey into the new millennium. For more information, please contact Paul Yettaw (616) 565-3758.

ON - SITE REVIEW

We have updated the Onsite Review form for your use and attached a copy to this newsletter. It includes some items to help you prepare for your Nutrition Review. We have also included a few questions to help you meet the sponsor obligations of running an afterschool snack program. Remember that onsite reviews must be completed for each building in which meals are served every year by February 1st. Please keep the completed Onsite Review forms in your current school year files. Our Field Representatives will ask to see those forms when they visit you for a CRE review.

Help Wanted

Trenton Public Schools has an opening for the

Supervisor of Food Service. More information may be obtained by contacting Carol Wallman, Director of Human Resources at (734)692-4513.

<div>January, 2000</div> <div>CALENDAR OF EVENTS</div> <div>CHILD NUTRITION PROGRAM</div>		<div>Michigan State Board of Education</div> <div>Dorothy Beardmore, President</div> <div>Kathleen N. Straus, Vice President</div> <div>Herbert S. Moyer, Secretary</div> <div>Sharon Wise, Treasurer</div> <div>Sharon L. Gire</div> <div>Marianne Yared McGuire</div> <div>Clark Durant</div> <div>Eileen L. Weiser</div> <div>Arthur E. Ellis, Superintendent</div> <div>Governor John Engler, Ex-Officio</div>
January 2000		
10	December Monthly Claim Due	
29	Cut-off for November Monthly Claim	
February 2000		
10	January Monthly Claim Due	

No person because of race, color, national origin, sex, age, or disability shall be excluded from participation in, be denied the benefits of, or be otherwise subject to discrimination in our United States Department of Agriculture donated food and child nutrition programs. Any person who believes they have been discriminated against should write immediately to the Secretary of Agriculture, Washington, D.C. 20250.

Award for 25 Years of Service

Have you, or any of your employees, been actively and directly involved with the National School Lunch Program in Michigan for 25 years? Awards for 25 years of service will be presented at the Michigan School Food Service Associations Conference at the Lansing Center in Lansing, Michigan on April 28-30, 2000.

DETACH AND MAIL TO:

Twenty Five Year Awards
Dawn Harris
School Support Services
Michigan Department of Education
P O Box 30008
Lansing, MI 48909

Please Print Or Type The Following Information:

SCHOOL DISTRICT: _____

ADDRESS: _____

The Following are celebrating their twenty-fifth year of service with the National School Lunch Program in Michigan (Public and nonpublic schools):

PLEASE PRINT OR TYPE FOR CORRECT SPELLING ON CERTIFICATES:

1. Name: _____ Service Years: _____

2. Name: _____ Service Years: _____

3. Name: _____ Service Years: _____

4. Name: _____ Service Years: _____

5. Name: _____ Service Years: _____

6. Name: _____ Service Years: _____

Honoree(s) **WILL** attend conference: 1.() 2.() 3.() 4.() 5.() 6.()

Honoree(s) **WILL NOT** attend conference: 1.() 2.() 3.() 4.() 5.() 6.()

Signed

Position

DEADLINE: March 1, 2000

STATEWIDE TRAINING PROGRAM CLASS SCHEDULE

2000

NOTE: **All registrations must be in the MDE office before the deadline dates!****BASICS - 100****Fee: Member \$18.00 and Non-Member \$25.00**

Location	Dates	Times
Parchment Middle School Multi-Purpose Room 307 North Riverview Drive Parchment, MI 49004 <i>Deadline: February 23, 2000</i>	March 8, 15, 22, 2000	3:00 p.m. - 6:30 p.m.

SANITATION & SAFETY - 120**Fee: Member \$18.00 and Non-Member \$25.00**

Location	Dates	Times
Columbia Middle School 321 School Street Home Economic Room Brooklyn, MI 49230 <i>Deadline: January 19, 2000</i>	February 2, 9, 16, 2000	2:30 p.m. - 6:00 p.m.
MSFSA Spring Conference Lansing Center 333 East Michigan Lansing, MI <i>Deadline: April 13, 2000</i>	April 27, 28, 2000	2:00 p.m. - 8:00 p.m. (27th) 8:00 a.m. - 1:00 p.m. (28th)

PRINCIPLES OF FOOD PREP - 150**Fee: Member \$18.00 and Non-Member \$25.00***Each participant must bring a calculator to class.*

Location	Dates	Times
Genesee ISD Health & Nutrition Serv. Bldg. 5089 Pilgrim Road Flint, MI 48507 <i>Deadline: January 25, 2000</i>	February 8, 10, 16, 2000	3:00 p.m. - 6:30 p.m.
Genesee ISD Health & Nutrition Serv. Bldg. 5089 Pilgrim Road Flint, MI 48507 <i>Deadline: March 20, 2000</i>	April 3, 10, 17, 2000	3:00 p.m. - 6:30 p.m.

<p align="center">NUTRITION I - 180 Fee: Member \$18.00 and Non-Member \$25.00</p>

Location	Dates	Times
<p>Washtenaw ISD 1819 S. Wagner Road Ann Arbor, MI 49106 <i>Deadline: February 3, 2000</i></p>	<p>February 17, 21, 22, 2000</p>	<p>3:00 p.m. - 6:30 p.m.</p>

<p align="center">GRAIN BASED DESERTS - 201 (3 hours) Fee: Member \$15.00 and Non-Member \$18.00 <i>Prerequisite: Sanitation & Safety - 120</i></p>
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Location	Dates	Times
<p>Gaylord High School 90 Livingston Blvd. Gaylord, MI 49735 <i>Deadline: February 16, 2000</i> <i>NOTE: Chain of Lakes Chapter members will receive preference for registration for this class.</i></p>	<p>March 1, 2000</p>	<p>5:00 p.m. - 8:00 p.m.</p>

<p align="center">SALADS & SALAD DRESSINGS - 202 (3 hours) Fee: Member \$15.00 and Non-Member \$18.00 <i>Prerequisite: Sanitation & Safety - 120</i></p>

Location	Dates	Times
<p>Genesee ISD Health & Nutrition Serv. Bldg. 5089 Pilgrim Road Flint, MI 48507 <i>Deadline: February 21, 2000</i></p>	<p>March 6, 2000</p>	<p>3:00 p.m. - 6:00 p.m.</p>

<p align="center">MICHIGAN'S HEALTHY EDGE 2001 - 280 Fee: Member \$18.00 and Non-Member \$25.00</p>
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Location	Dates	Times
<p>MSFSA Spring Conference Lansing Center 333 East Michigan Lansing, MI <i>Deadline: April 13, 2000</i></p>	<p>April 27, 28, 2000</p>	<p>2:00 p.m. - 8:00 p.m. (27th) 8:00 a.m. - 1:00 p.m. (28th)</p>

Use one form and one check per class.

Last Name		
First Name		
Social Security Number		
School District Name		District #
Home Address City, Zip		
Telephone Number	Home: () Work: () <i>NOTE: Please enter home telephone number--it is virtually impossible to contact individuals of any cancellations through the school district when classes are held when school is not in session (i.e., summer, inclement weather).</i>	
MSFSA Membership #		\$

- ☐ Food based - traditional
- ☐ Nutrient standard

- ☐ Food based - enhanced
- ☐ Assisted NSMP

 *Make check payable to MSFSA and mail to:*
Michigan Department of Education
Statewide Training Program--School Meals Unit
P.O. Box 30008
Lansing, MI 48909 

For Michigan Department of Education Use Only	Check #	<input type="checkbox"/> School <input type="checkbox"/> Personal	Amount	\$
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Statewide Training Program

Multi-Registration Form

Use one form and one check per class.

CLASS NAME: _____ CLASS LOCATION: _____ DATE(S) OF CLASS: _____				SCHOOL DISTRICT: _____ PHONE: _____		DISTRICT NUMBER: _____
Last Name	First Name	Social Security #	Home Telephone #	Home Address (Street, City, Zip)	MSFSA #	Fee Per Student
1						
2						
3						
4						
5						
Total the right hand column and attach a separate check for this amount only. Make checks payable to MSFSA .						\$



Check which type of menu planning method you use:



- ☐ Food based - traditional
☐ Nutrient standard

- ☐ Food based - enhanced
☐ Assisted NSMP

Make check payable to MSFSA and mail to:

Michigan Department of Education
 Statewide Training Program--School Meals Unit
 P.O. Box 30008, Lansing, MI 48909

All registrations are accepted on a first-come, first-served basis. If this class is filled, the registration form and check will be returned to you. **Confirmation letters will NOT be mailed.** Assume that you are registered unless otherwise notified.

For Michigan Department of Education Use Only	Check #		Amount	\$
		<input type="checkbox"/> School <input type="checkbox"/> Personal		

[Copy as necessary]